

BRIDGES

WEDNESDAY, JANUARY 29, 2016

FAVOURITE PLACE

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Vets help relieve poverty with livestock care and education **P.6**

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Dancing the night away at Swinging with the Stars **P.26**

A STARPHOENIX COMMUNITY NEWSPAPER

ART CAN HEAL

THERAPISTS LIKE FELICITAS DROBIG PRAISE THE POWER OF CREATIVITY **P.9**



FREE

INVENTORY

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The French Circle Society took the Peace Centre art display in person in Regina to help young people with social psychological challenges and cognitive difficulties. STRAUB PHOTO BY DON HALEY

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MY FAVOURITE PLACE PG. 5



Michelle Berra took the best shot of students life at Peace Film Student Centre. PHOTO BY MICHELLE BERRA

BRIDGES COVER PHOTO BY MICHELLE BERRA

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S7N 2P9

Rate list, rights is \$100 a year

For advertising inquiries contact: 637-6340, ext. 637-6327 home delivery: 637-6320 Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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IN THE CITY

JANUARY 22, 2014 — 2:12 P.M.

Combining art and ice



An sculptor, Ben Pitt began work on his piece for this year's competition held during WinterShivers at The Saskatoon Farmers' Market. Pitt is a carving arts instructor at Red River College in Winnipeg. He started ice carving in 2004 as a way to pass up the competition on art functions he was catering. He's participated in every WinterShivers competition in Saskatoon. WinterShivers is a one-day festival which runs until Feb. 2. bit.ly/1W0H8JJ with.

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Place Riel entryway to campus for thousands

By Sean Trembath

Vera Pezer's life has been intimately linked with the University of Saskatchewan since she enrolled as an undergraduate in 1968. After completing her studies she worked for decades in student services before serving as chancellor of the institution from 2007 to 2013.

Through all her time at the U of S, Place Riel has been the most common gateway onto campus. She interacted with countless students there in her student services role.

Place Riel has changed over the decades, but it remains one of Pezer's favourite places.

Q: Tell me about what Place Riel was when you first arrived and how it has changed since then.

A: It has changed significantly, certainly. What it was, and what it remains, though, is the gateway to campus for students. The buses stop there.

I remember some research done just before I retired that estimated 16,000 people go through there over the course of a day.

What's different now is that there's greatly expanded services for students. Pretty much anything you can name that pertains to students is there.

But it's also a social space. It's evolved into a more student-oriented place since I first arrived.

Q: When did Place Riel become a spot where students could just hang around?

A: It was mentioned about 10 years ago, and that was a deliberate attempt to make it more of a gathering place for students. Now it's more of a destination. I think it's made for a much more student-friendly climate.

Q: You spent many years with an office in Place Riel. What reasons to stand when you think of the place?

A: What I think of is how busy it



Sean Pezer loves the bustle and bustle of student life at Place Riel and she says helps students connect with the university through the use of the space.

was. I remember really liking that.

The other memory I have is how diverse the place was, and the students are. I would go to work every day and often I didn't know what was coming through the door. It's not boring, because you're talking to different people all the time.

I also remember feeling like we were making a difference. The staff that I had was absolutely vital. They were committed to the well-being of students and we all worked hard to

gether. So the atmosphere was a really good one to work in. Money was tight, but budgets at universities are always tight.

Q: As the sort of main entryway to the university, what sort of impression do you think it gives to a first-time visitor?

A: I think for new students coming here, they see a place full of other students, and it helps them fit a little better and more quickly.

When I started here as an undergraduate, there was no place like that. If you'd come in from a very small town, this place was very overwhelming.

Q: Is there anything else you'd like to see changed?

A: I think it's fine for now. This campus is getting increasingly diverse. We've got students from well over 100 countries that come here now. It's like the city, with people

coming from all over. And we've got all the services for them there in one place.

Q: Any final thoughts on Place Riel?

A: Our university wants to create new knowledge and to share that it gets shared with students. So students are a key part of the mission.

Place Riel helps students connect with the university so it helps the university reach its mission.

CITY NEWS

V.A.S.T.

Group relieves poverty through caring for animals



Volunteer Angela Dillion with a few square friends at the University of Saskatchewan. She founded a group that educates livestock caretakers and trains agriculturalists abroad. www.thirdsource.com

By Angelina Trimes

At Easter dinner a few years ago, Volunteering Abroad Supporting and Training (V.A.S.T.) was born. When senior assistant Dillion's uncle approached her about doing relief work in Haiti following the devastation from the 2010 earthquake, he found many of the organizations working with animals focused on companion animals rather than livestock. The two quickly realized the importance of working with farm animals.

The charitable organization of service works to relieve poverty abroad by teaching proper care of animals

that are necessary for food and economic purposes. Not only do they treat sick and injured animals, they also teach the local farmers how to properly care for livestock and look for outward signs of parasites and infections.

"If you could train members of the community to go out and recognize disease before it's to a point where it couldn't be turned around, then you have the ability to assist an entire community," says Dillion, the executive director of V.A.S.T.

In 2012, veterinarians and graduate students Dillion and Kayna Chan (who travelled to Haiti) where they

trained six people and worked on nearly 100 animals including snakes, horses, pigs, cattle and goats. They brought back how to do proper physical exams on the animals and treated animals for wounds and various parasites. Dillion remembers roads not being possible, no resources and medications weren't getting to the animals, some which were just the point of surgery.

All of these hard lessons tied up in their livestock — if you have something that is completely unusable you've lost everything," she explains.

The two focused on trying to help

pregnant animals carry their babies to term — an additional source of income explains Gurevitch. If a male is sick, children get pulled out of school to help carry goods to market or the mother must go instead of staying home with young children.

"The wife becomes the mule," says Gurevitch. "So, by keeping the animals healthy that helps the family out."

In October 2015, Dillion and two other vets travelled to different regions in Haiti, this time running three clinics and treating close to 500 animals. Next, the group is planning two upcoming trips for this year: one

ably one to the Philippines) while remembering what they've learned on previous ones.

Those of us here have just won the harsh place lottery. So one people with very very little really struck me and it's really stayed with me," says Gurevitch. "It's not just about the animals it's about the people. If we can help the animals and the people at the same time it's better for everybody."

V.A.S.T. is holding an information night this Saturday 7 p.m. at Forest Grove Community Church, where they'll serve drinks and share their stories.



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MUSIC

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FUTURE FORESTS

A sweeping, post-rock sound

By Sean Tremblath

A group of Okaloosa musicians with many years and many hands under their belts are helping their new project connect with audiences despite being a new direction for all of them.

Future Forests is the latest project for Steve Yu (guitar) Steve Matschke (bass), Tom Rode (guitar) and Kevin Kiyake (drums), who all contribute mostly on top of their chosen arena music.

Although they've all been playing a long time and in several cities — they have at least seven past bands to their combined credit, including Bring Out the Dead, Another Day Down and The Village Asian Synthesizer — they were all back in the kitchen about a year ago looking for someone to join with.

"It was just by happenstance that we all had that link to play music again," says Yu.

They didn't know what kind of stuff they'd come up with. Their mutual histories are disparate. They've played in electronic, prog metal, rock and punk groups.

It was only after some time together or they realized there was a joint passion for post-rock that sweeping, almost orchestral style evoked by bands like Explosions in the Sky, Mogwai and Sigur Rós. A consensus decision was made to pursue the genre.

In previous bands, when we were in our early 30s, we would go to, have a great time and we may not have had a collective goal or vision, but we would always have fun. With this project, we found that we're distinct of our music in a more methodical way," says Yu.

"I think we're just more mature." That's not to say they completely abandoned more direct rock. Their songs are not all galaxy-spanning epics. Instead, they go back and forth between the expansive and the indie.

"We're kind of bipolar that way. We like to play straightforward sound



Future Forests band members Steve Matschke, Steve Yu, Kevin Kiyake and Tom Rode will play their first show together at Arrogant Joe's. (Photo by Sean Tremblath)

scape, galaxy type of tunes mixed with uptight doomy kind of indie numbers," says Yu.

The range of styles is on display in the first two songs the band made available to the public: The first, Steve Goes For a Bike Ride has a quicker, indie-rock feel (although Rode's guitar would fit right into an Explosions in the Sky song, both in terms of tone and playing) while the second, Kiyake Art 1, pushes the

post-rock vibe a lot more.

Both songs are available online and will be sold on an EP. "We're curious as to what listeners will think of that combination," says Yu.

They plan to record a full-length album later this year.

The response to the video for Steve Goes For a Bike Ride, the first and they posted, was massively positive, according to Yu.

The next step is to see how a crowd responds in a live setting. That opportunity will come Jan. 30 at Arrogant Joe's.

Although they've all spent time on stage, the first show with a new band is always nerve-racking, according to Matschke. They're interested to see exactly how they came together when they aren't just playing for each other.

A lot of it comes from just feeling

it, and seeing what comes out when you're playing," he says.

"They can't say what it will look like, but they do agree on one guarantee — volume."

"We just lead. Hopefully that won't deter listeners from coming. I don't know why we turn our instruments up so loud. It just feels right," says Yu.

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@seantremblath

ON THE COVER

Just the process of making art is healing.

— Felicitas Drobag

#MENTAL HEALTH

Therapy can be creative



Diane Skanson is an art therapist who helps people express their emotions and heal through artwork. Skanson photo by Don Heier

By Ashley Martin

art therapy

What

A type of psychotherapy that encourages the expression of emotions through artistic activities such as painting, drawing, or sculpture. According to the National Association of Art Therapists, art therapy is a form of psychotherapy that involves the use of art-making to explore emotions, thoughts, and experiences.

An elderly lady with dementia was detached from the world, living in a long-term care home, she was unresponsive to the people and things around her.

For months, Diane Skanson tried to break through to the woman with art materials — giant pencil crayons,

pastels and markers. No luck.

It was paper that paved the way for progress.

The woman had a naïf interest in collage. Skanson ran with it. She printed out vintage cross-stitch patterns onto paper, thinking a representation of the traditional hand-

craft could grab the 80-something woman's attention.

It worked.

Though she previously couldn't focus for 10 minutes, over the next few months this woman learned to not only focus, she spent an hour colouring patterns, counting stitches, and

sharing materials with the people beside her.

"She started opening up to the people around her," said Skanson, an art therapist who works in Regina. "It was transformative."

Continued on Page 16

The people you get to connect with, that's the bonus. The fact that I get to connect with people like that through my passion, which is art, there's not even words for it. — Amanda Scandrett

South is the power of art therapy

Like traditional therapy, it can break people out of their shells, help them through trauma and breaking. But its artistic component makes it ideal for those with limited verbal skills, or for people who just don't feel like talking.

"Just the process of making art is healing," said Patricia Irving, a Saskatoon art therapist.

Amanda Scandrett has one that many share herself.

Scandrett is not an art therapist, but she runs an art therapy type program through Reach Kids, a non-profit organization in Regina that helps young people with social and emotional problems, called Paper Crane Community Arts Centre.

Art as therapy "is the call to, head to the youth, the work with, many of whom have experienced abuse or have developmental difficulties."

A six-year-old girl nicknamed Seela is one of them.

Seela, who lives with her grandmother Sarah, was born to a drug-addicted mother. She had a traumatic first year of life.

Seela has lived with Sarah for five years now, but that maltreatment in infancy has resulted in lasting effects.

"I believe that our brains are like computers. They store everything. There's just some files we can't access," said Sarah. "She has to deal with some things she doesn't necessarily understand and feelings that she can't really always cope with."

Seela has experienced anxiety and an attachment disorder that makes her try to bond with every stranger she meets. She's terrified of loud noises and has occasional meltdowns that see her and Sarah or more at a time.

"She's a little girl who's broken in some ways where she may never be completely fixed," said Sarah.

But when Seela started at Paper Crane last fall, the naturally artistic girl found an outlet.

As far as she's concerned, it's art class in a one-hour, one-on-one session. And she looks forward to it.

Every second Thursday she walks into daycare, before she's even in the door, Sarah hears Seela screaming to everyone, "Today's Paper Crane day."

"Because she's six, she can't articulate her feelings, but Amanda's helping her learn ways to express it visually, put it into her artwork, which I sometimes find disturbing because I don't like looking at angry art," said Sarah. "She doesn't realize Amanda is doing any sort of therapy with her."

It's not a good fit for every kid, said Sarah, "but if you have a child who has any artistic dreams, desires or inclinations, a program like this can help them."

• • • •

Paper Crane serves approximately 100 people a week through its programs, which include visual arts, drama and yoga. Though it officially launched in October 2013, Scandrett has worked with Reach Kids for six years, since obtaining her art education degree from the University of Regina. She postponed her art therapy studies at the Vancouver Art Therapy Institute for an artist-in-residence gig with the Reachs.

"When I first came in I had no idea what to expect. I just knew this is what I wanted to be doing," said Scandrett, a visual artist and musician who plays keyboards in Library Visions.

"The people you get to connect with, that's the bonus. The fact that I get to connect with people like that through my passion, which is art, there's not even words for it."

But as much as it's about art, Scandrett's job is to create a safe space for the people she works with as they find comfortable enough to express themselves. If they come in rattled, they usually settle down during the hour.



ART therapist Patricia Irving gets creative using a flip camera as a paintbrush in her Saskatoon art studio. MEDIA PHOTO BY MICHELLE BARR

She started opening up to the people around her.
It was transformative.
— Dianne Shannon



For the past year, the March 15th Society has run Paper Crane which helps young people aged 15 to 18 who have social adjustment, behavioural and cognitive difficulties. SB0078 is an entry.

"Knowing they have complete control over what they're doing right now, of what's in front of them, by the time they leave there's usually a big release that happens; they're more grounded than when they come in," said Semakrit, who is pursuing her master's degree in educational psychology.

This isn't art psychotherapy like Shannon and Denby practice. But like them, Semakrit works to build strength around issues so they're manageable once the session is over.

"We could get right in there into some really sticky dirty issues, but we're not going too far because that's going to overwhelm people. That's the thing about art: it goes really slow, really gradually and really gently and building space for people to be able to explore what they want to explore."

"Things unfold through the art therapy process for people that you can't anticipate and you see it being of such benefit for someone and you're about them tapping into their own resources and that's really exciting," said Shannon. She

learned about art therapy in her early 20s from a textbook, but she didn't immediately pursue the profession.

In 1999, she moved to Kelowna, B.C. to study at the Okanagan Art Therapy Institute. She finished her course in 2012 and now works full time in art therapy.

There are just a handful of art therapists in Kelowna and Okanagan, and only seven art therapy schools in Canada. It's not yet a very well-known form of treatment, something Sarah hopes will change.

"I wish they were part of our health coverage because I see the benefits it gives to my little girl," she said.

"I wish it were more accessible... There's not a lot of people who do what I do and I wish we live in a world that doesn't really appreciate the arts as much as it should. We go to hip service, but we don't realize what it can do to a person's soul, how it can be healing that way."

Continued on Page 12



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Hi, kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Mat-Pack and have a ball... nature awaits!

Guess what, kids? You can send your questions to me at the address below

Dear Chip,

Do bats migrate or hibernate?

Your friend, Scout



Dear Scout,

Bats are bats! Thinking about bats makes me remember warm summer nights in my beaver pond. I loved watching the bats swoop above me hunting for flying insects like moths and mosquitoes. I guess the answer to your question depends on the kind of bat you were thinking about. Believe it or not, the different kinds of bats have been recorded here at beautiful Beaver Creek. In the fall, when the weather becomes milder and their insect food supply disappears, bats will either migrate or hibernate. Surprisingly, some kinds of bats do both! The Eastern Red Bat migrates to southern locations where it then hibernates in hollow trees or under leaf litter on the ground. The Hoary Bat also migrates south but hibernates under the bark of trees, in rock crevices, or occasionally in buildings. Little brown bats and big brown bats both overwinter in Saskatchewan. Both of these species seem to prefer buildings as their hibernation sites.

Send your questions to me at the address below, then watch Birdgees for the answers.

Your pal Chip

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Meewasin

Things unfold through the art therapy process for people that you can't anticipate and you see it being of such benefit for someone and it's about them tapping into their own resources and that's really exciting. — Shannon



Amelia Scandetti poses with murals painted by the youth she works with at Paper Crane Community Arts Centre in Regina. SHANNON PHOTO BY MICHAEL BELL

In Drogala's brother's apartment studio on Saskatoon's College Drive, indifferent to the array of pipe cleaners, bottle caps, clay and plethora of other supplies one may mounted on pinning his arms and every season.

It made sense for this child, who was shuffled between foster homes

"I look scary when I do that," he said. When he stopped, Drogala knew he'd found stability at home. Then he started again a while later.

Despite that scary night, Den

bag says children's art therapy sessions are usually more like an art class.

She commends their artwork to help increase their self-confidence. But with adults, there is no concept merit. It's about the process, not the product.

"We are here creative and somehow it's brought out of us every time."

That's what happened to Drogala when reds covered art as an adult.

Growing up in Germany — her family migrated to Edmonton when she was 15 — her brother was

less than encouraging. She gave up making art.

But in the mid-1990s she gained confidence through nature photography someone carving and sculpture.

When she moved to Saskatoon in 2005 to join the Roman Catholic Diocese of Regina, she found artwork helped her with the transition she did to become a sister. The year 2005 marked two big events she took her final vows and also moved to Nelson to take a two-year art therapy course.

Like Shannon, she'd learned of

the profession in a book.

"Something inside me went 'No! That's what I want to do.' It took me a long time to get there, but it felt like coming home when I got there. My first day of class in Nelson, B.C., was like, 'Wow this is it.'"

At Paper Crane, Scandetti doesn't solely work with youth. She's hosted volunteer parties, school field trips and splash parties. Even those functions are constructive, because creating artwork connects people and

shows what's inside them, she says.

Shannon, who is contracted by Paper Crane to lead classes with Ranch House youth and Coosa Learning Centre, has also worked with people whose issues range from anger management to career development.

"Through the art-making, just in one can run up past your driveway and onto the art. And that's where those thoughts come in," said Shannon.

But looking past the concrete isn't always easy. Even then, interprets Den is related.



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FASHION

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SASKATCHEWAN STYLE

Emily Selinger: Sparkling in silver, glowing in gold

By Ashley Martin

Emily Selinger is a stylist at Hilberg & Bock, so it's no surprise she racks more jewelry than most people do. It's a lot of bling, but she pulls it off with ease.

"If you want to wear lots of jewelry, wear lots of jewelry," she says. "I think you just have to go for it, be confident, and if you regret it [it works]."

Selinger describes her style as eclectic, because she's attracted to different things.

"I really love classic things, silhouettes with clothing, but I love to have fun with colour and prints and that kind of thing. I have a weakness for leopard print and polka dots, but I also am inspired by vintage pieces, clothing that's from the past and styles from the past."

Working in the fashion H&B showroom every day, Selinger is not just to lap her work, she loves it.

"I think fashion and style is an extension of you, who you are... And I think it's fun to get dressed up every day and every day's kind of like a fashion show, especially here."

Selinger says working in fashion is exciting, not only as a personal hobby, but in the grand scheme of things.

"You think about Regina and Saskatchewan and it's not the first city as powerful that comes to mind when you think about fashion, but I think it's really exciting to be working in fashion in Saskatchewan because there's so much potential for it."

1. **EARRINGS:** Hilberg & Bock
2. **STATEMENT NECKLACE:** H&B. "This is actually one I got to design."
3. **RINGS:** Tacori
4. **BRACELETS:** Tacori and H&B. "Mixing your metals is really in."
5. **WATCH:** Michael Kors from Amazon
6. **SHIRT:** Cade Style Lounge
7. **SKIRT:** The Dress Form. "It's vintage, so I really love it. It's super fun because I can wear it to work but I can also wear it out. I wear it on New Year's with a sequined top."
8. **TIGHTS:** Winners
9. **SHOES:** Zee's

Get photos by Tracy Flanagan



Emily Selinger, a stylist at Hilberg & Bock, designed the necklace she wears. ©Photos: Tracy Flanagan

NEXT WEEK: What's the funniest thing your child has said or done lately? Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

Is a vegetarian/vegan diet unhealthy for children? How much influence do you think a vegan or vegetarian parent should have on their child's diet?

"I was vegan for nine months and vegetarian for 3.5 years. My kids ate what I made unless my husband made different or they ate out followed them to eat what they wished (which was). My kids ate veggie and more often than not, not even a veggie for a week. I encourage them to be healthy."

—Alicia Lanoie

"As long as they are showing their children a healthy diet, I don't see why they are wrong. For those of us who are not vegans and our kids are healthy diet, we are doing right by them too."

—Mirissa Mawer

"They should have just as much influence as their child's diet as non-vegan/vegetarian parents. Being vegan/vegetarian does not make you a substituted parent."

—Dorothy Morgan

"As long as they know what they are doing and proper nutrition, then who cares? My concern would be well-meaning who claims to be vegan, but don't know the first thing about nutrition. But this too could also be said about any parent, vegan or not?"

—Wendy A. Segerson

"I think it's more important to teach a healthy well-balanced diet no matter if you're vegetarian or otherwise. Being vegan/vegetarian can teach very poor diets as can eating a diet of fast food."

—Amanda Mosler

"Kids should be encouraged to try all foods — build a healthy relationship with it. Any vegetarian diet is a healthy diet for young kids."

—D. Coffee via Twitter

"I feel that a child should have the opportunity to decide what types of food they want to eat. (While raised) once they are old enough to make that decision. I am understanding that a family that decides to eat in a particular fashion would not want to

be cooking numerous different foods and clearly has their own beliefs about how they should eat — and their children are mature enough to make the choice to change the way they eat. I feel they should eat on the same family does."

—Shelly Lambert

"As long as the kids are healthy. What's next, assemble your own say on the TV if the kids watch? And healthy would be defined under the medical code as providing the necessities of life, not the Canada Food Guide."

—RE via Twitter

"Have never spent much energy thinking about the many different diets out there. As long as each person's body gets the required nutrients it needs, it doesn't matter if they eat meat or just vegetables. Before entering a balanced diet, everything within moderation." —Judy S

"I think regardless of the parent's food choices, they should expose their children to all kinds of foods. Every food group has health benefits. A child should be old enough to understand the reasons why parents eliminate certain foods as opposed to just being told they can't have it. This way they can determine if being vegan/vegetarian is a choice they would like to make for themselves." —Alana Ginzewich

"We're raising our daughter as a vegetarian and she already knows that animals are friendly, not food. She can wait to eat. However, once she's older and able to make her own informed decisions, we won't stop her if she wants to eat meat."

—Daphne Hefner

"Mother — on, Vegan — yes. Growing kids copy, only infants need the vitamins in dairy. Eat butter for proper growth. Superheroes aren't good enough. Not aware but that's my first one."

—Erica Jones



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GARDENING

KITCHEN PANTRY GARDENING

How to grow tropical fruit inside your home

By Eri Svendsen

Have you ever wondered what the plants look like that produce your favorite tropical fruits? These days Google provides easy answers, but a more satisfying path is to grow it yourself. More than that, it can be a touchable moment with your children.

Here's what you'll need:

- 10-cm diameter pot
- Perlite-based potting mix (not garden soil)
- Clear plastic wrap or clear plastic bag
- Rubber band
- Warm, bright location
- One or more of the following: lime, lime (with pulp), pineapple, mango, papaya, citrus

First, fill your container with potting mix. Water it well and allow it to drain completely. If the potting mix is dry and fluffy, use hot water to moisten.

Next, prepare your planting material. Each fruit needs to be prepared differently for planting; see below. Once you've finished planting, cover the container with the clear plastic and secure with the rubber band around the rim.

Normally, additional water is not required until you see signs of growth. This may take several weeks depending on the species. Once growth starts, remove the plastic cover. The next options will be rudimentary at best to start, so make sure that the media does not dry out. Monitor evenly moist media, never too wet. Keep the seedlings in bright light but out of direct sunlight until better established. Then, slowly introduce them to full sun, keeping in mind that the media will dry out faster the warmer it is.

For the first hour to six months, use an all-purpose or general water-soluble fertilizer (e.g. 20-20-20 + m) consistently at half strength every two weeks. After this time, follow as label instructions. As the plant grows, gradually increase its pot size.



It's easier than you think to grow a variety of tropical fruits in your home. This pineapple looks ready for planting. Photo courtesy Erik Svendsen.

Fruit preparation

Lime: Remove the pit, taking care not to damage the thin, brown outer skin of the pit. Cover the pit with 2.5 cm soil. The first growth will be a pair of grasslike sprouts.

Pineapple: Firmly grasp the top leafy portion (this is what you'll be planting) and twist to remove from the main body. Remove a few of the small, lower leaves to expose 3 to 4 cm of the stem. Stick the base of the stem about 3 cm into the moist media. Use a clear plastic bag in place of the plastic wrap. Remove the bag when you see signs of new

top growth. Give the pineapple plant a gentle tug to test for the presence of roots. If the plant lifts out, move again for a week or two.

Mango: Cut away the flesh to expose a large, flat seed pod. Allow the pod to dry for a day or two and then carefully split it open and remove the large bean-like seed. After cutting like a sharp knife to the pod and simply cut a small opening on the edge to allow moisture to enter. Insert the seed into the media, just covering it. A shoot with a couple of long, spearhead-shaped (lanceolate) should emerge after a few weeks.

Papaya: Split the fruit in half, top to bottom in several hundred of round black seeds. Plant several in a pot, no deeper than a few millimeters. Seedlings will be small at first, with a couple of small, round pale green first leaves. True leaves appear next. These will have five main lobes like a maple leaf. At this point, carefully lift out the seedlings, taking care to minimize root disturbance, and plant in separate pots.

Citrus: Remove pulp from the segments. Plant about 3 cm deep. Seedlings will be small, with a pair of small, shiny green, lanceolate leaves.

As the plant grows, new leaves will be similar to the first ones but larger (reaching 7 to 18 cm depending on the species).

Thank you to the provided covering of the Stokholmens Perenniel Society (www.stokholmensperenniel.no) for their help with this article.

Upcoming events

Join CHSP (Chascombe) on Feb. 6 at the Community Garden Conference to learn how to create a community garden. Contact Gord to register: 604-650-2575 ext. 279 or gord@chsp.org.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#LISA LAMBERT

Cookbook features mom's home cooking

I have had memories of helping my mom, Marilyn Winchuk, in the kitchen all my growing up. She was a busy mother of seven children, yet she put up with me, expediting her baking progress.

I think my attraction to recipes started early in my life. I remember one summer when I was just entering my teenage years, I made all my mom's recipes. I was particular in my work habits, but it was still a lot of fun for my mom to propose the idea.

I learned at her graciously she accepted her role of assisting for a large family, day after day, with rarely a break. If an out-cry to come up with creative and varied menus to please a large group on a limited budget. I remember her saying that it was a

constant challenge to figure out what to make for supper. Lucky for us she loved to bake and did it almost daily, the Christmas baking season gave her so much pleasure. Wipped up in a residence of comfort and love, she passed on that passion for baking to me. Even at her advanced age, she still persists baking at Christmas and contributes her share to potluck dinners.

When I self-published my cookbook, Recipes I Baked From My Mom, I hoped to honor my mom's constant love for her family and her time spent in the kitchen. She balanced both with patience and good humor. She was influenced in her cooking style by my grandmothers, women who inspired from hunger and faced the hardships of life on the Prairies. I



wanted to share some of the recipes my collection has been taught and passed on, with readily available ingredients, food that is often found on a potluck table.

Along with the comfort food recipes, each recipe page features one of my favorite inspirational quotes. The chapter pages are adorned with

my husband's abstract acrylic art. The cookbook cover is inspired by the sun, clouds, and the flowering of my corn, kitchen.

I am not a chef or professionally trained cook. My background includes 30 years in the media, as elected trustee with Greater Saskatoon Catholic Schools, and an extensive volunteer history. I like reading cookbooks, collecting recipes and satisfying family and friends with tasty food.

My book is available at McNally Robinson, Indian Western Development Museum, the University of Saskatchewan Bookstore and Coder Children's Place in Saskatoon as well as Chapters and Bookshops in Regina. It is available online at <http://magnificentmommymom.com>



Lisa Lambert

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ASK ELLIE

Brother abandons sister in her time of need

Q. During a recent sex storm, my family (except my husband, our three kids aged six, seven, and nine, and my mother-in-law) left power for six days.

When my husband and I decided, on the second day, that our fireplace wasn't enough to keep us home, let alone host Christmas dinner (which included my brother and his wife), we asked my brother and sister-in-law to take an until power was restored. I said we'd bring food, blankets and our mattresses. He declined, saying that having lost my parents this year, he and his wife wanted a "quiet family Christmas."

Generously our closest friend welcomed us and we turned on our power into an adventure.

My brother did text on Christmas Day, wishing us a happy Christmas and asking if we had power. I responded, "not yet" but he didn't enquire where we were or if we were safe.

I'm heart that he turned us away. We aren't close, but we make others to help together several times a year, and enjoy it.

My husband strongly feels that if

Ask Ellie



my brother experiences an emergency situation, we should not first and foremost have the courtesy he should've shown us.

I'm too angry and would prefer to deal contact with him for now. How do I move past this? I don't want to feel rejected any longer.

NEIL MARTING

A. If he hadn't raised grief as his reason, there'd appear to be too little sibling relationship worth maintaining.

But people grieve in unique ways. You two aren't close and he — very ungenerously — apparently felt that the first Christmas after his loss would be his difficulty to share with so many others.

You're rightfully hurt. Respectly,

since you'd invited them for Christmas dinner.

Fortunately, the response of friends and your husband's attitude are admirable, especially as a model for your children.

But above disappointment as your likely never be emotionally close, that ending contact will put you long negative feelings on you, which are unhealthy. The incident is over.

Q. Three months ago, I met a guy from Philadelphia, in New York. We were there five nights for a competition and I fell in love with him that quickly.

Things got pretty serious over that last day. He's absolutely perfect in every way. But he lives far away from me and I won't see him again until next year's competition.

I'm too young to travel by myself. I wish him to reach and think about him every day.

I found out he had (just) a girlfriend and had feelings, but it doesn't change my feelings for him. I just feel more hopeless.

There's no one here to distract me or help me get over him. How can I make it through these more months of missing him?

What Is It?

A. Being "too young to travel alone" reveals a lot. This guy is your first wild crush, first out-of-town flash romance, first guy who did you a first dance he had (has a girlfriend). And you brought it home.

Trust me, over the next nine months you'll feel more annoyed about what happened, hear different views from friends, meet other guys. I'm betting you'll be less hopeful ever when you see him again.

Recognize that since he had a girlfriend, getting "pretty serious" that last day "was him taking advantage of you."

He seems like wonderful at only.

Instead of needing someone to help you get over him, distract yourself — with school, sports, music, and friends.

The next time you see him, you'll be smarter and less excited about someone who played you.

Q. My husband's using social media to contact someone to whom he's very attracted. Years ago, he broke up with her briefly because of her, but did eventually marry me.

We've since been together for 30 years (quite happily), but I'm both mad that he still seems infatuated with her and mad at this contact.

If I leave and believe me, I'll watch, shouldn't he refrain from it? It's been our secret subject for many years.

Harriet Deane

A. Somehow, you've otherwise been happy with him, despite this girl. So, leave, he's played in the marriage, though he's kept up on tact.

He has been a "leaving point" perhaps in his childhood way of getting back at you over other disappointments.

Yet, he should stop. It's unlikely to you, even more. But unless you're aware of a deeper power struggle, I suggest you change your reaction to a silent "who cares?"

With no embarrassing he might decide why bother?

Next week in BRIDGES

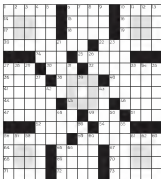
We go behind the scenes with athletes and a few key players on Team Canada in the leadup to the Sochi 2014 Olympics

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Punched out parts of puzzle
 4 In a difficult to see through
 10 Verbs as a prepositional phrase
 14 Informal ____ (Lacrosse tool)
 16 It's not of Europe
 18 Quite an achievement
 19 One of "them"
 20 Inevitable
 21 People with present addresses and friends
 22 Inhabitant
 24 Common desk object
 27 Not here
 28 Run ____
 30 Cause for an issue
 32 Inca
 33 ____ is not a leading exponent of duty"
 34 Inca
 35 Semantics
 40 ____ via
 41 One set of eggs in "The 12 Days of Christmas"—as suggested by the title of the song?
 42 First
 43 Author and editor
 44 Oscar Award
 45 Nuts and fruit, in part, for some diets
 47 (Re)heaven is part of the Caucasus
 48 Michael Rader
 49 Collected ____
 50 ____ (reminiscent of ancient Rome)
 51 In the apple for short
 52 Second highest peak in the Caucasus
 53 Report was played offensively by the Obama administration
 54 Van Halen
 55 Revolution
 57 Hunting
 58 "Vies"
 59 Not new



- 79 Christmas tree decoration
 80 Goldenrod
 81 Goldenrod
 82 Goldenrod
 83 Goldenrod
 84 Goldenrod
 85 Goldenrod
 86 Goldenrod
 87 Goldenrod
 88 Goldenrod
 89 Goldenrod
 90 Goldenrod
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 100 Goldenrod

PHOTO BY AP/WIDEWORLD

JANRIC CLASSIC SUDOKU

Level: GOLD
 All in the blank cells are the numbers 1 to 9. Each number can only appear once in each row, column and 3x3 sub-grid. Use logic and arithmetic to solve the puzzle.
 The difficulty level ranges from Beginner (1) to Master (9).



Sudoku is the crossword puzzle of the 21st century. See the Sudoku puzzle featured on Page 23.

Authentic Amish Cooking



Lasagna Soup

- 1 lb Ground Beef or Sausage
- 1 lb C. Sausage, sliced
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- 1 lb C. Sausage, sliced
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In Dutch oven brown meat with onion, garlic and pepper. Drain. Add lasagna mix, stock, water, tomatoes, corn and cabbage. Boil one minute. Add lasagna noodles. Simmer 15 more minutes. Add cheese and serve.

Peanut Butter Chews

- 1 C. White Sugar
- 1 C. Creamy Peanut Butter
- 1 C. Butter
- 1 C. White Kara Corn Syrup
- 1 C. White Kara Corn Syrup
- 1 C. White Kara Corn Syrup
- 1 C. White Kara Corn Syrup
- 1 C. White Kara Corn Syrup
- 1 C. White Kara Corn Syrup
- 1 C. White Kara Corn Syrup



Combine sugar and corn syrup in a saucepan, bring to a rolling boil over medium heat, stirring constantly. Remove from heat, add peanut butter and butter, stir until smooth, fold in corn flakes and bake. Working quickly. Drop by 1/2 C. size onto waxed paper. Let cool and enjoy!
 Note: It's very important to work quickly - it hardens fast!

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OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bedpage@houstonhome.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Wyatt, Bailey and Markus Blinn. Thanks to everyone who submitted entries!



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WINE WORLD

#CHATEAU LE PRIEUR

This is exactly why you should drink French wine

By James Romanow

Last summer in Bordeaux, I was waiting for a train. It was about 30-50 or so in the morning. I looked around as I sat down at an outdoor café and realized that the travellers (as opposed to commuters and people obviously at work) waiting for the train were regular French folk — men and women of all ages, grandparents to university students. Most of them were wearing a glass of wine with their espresso. Not wishing to offend local customs, I bought the waiter and ordered a glass of white not an espresso.

I was served a lovely wine from Chateau Le Prieur. This is a region between the Dordogne and the Gironde where fairly dangerous white wine is made. This was the place that worked out well (fermentation of whites, and then perfected the process). blends of Sauvignon Blanc, Semillon, not to be confused with Sauvignon Blanc, Semillon and Muscadelle to dominate.

As you can imagine I was quite pleased when a new one popped up on the shelf here, Chateau Le Prieur. It is like all Chateau Le Prieur — perfect for all three uses: sipping, sipping and sipping. The bouquet is aromatic with notes of the overall scent of each vineyard you can find in nearby wine stores. It is made of aging (the wine is not of great fruit and a touch of lemon peel). The palate is balanced, on the lower side



but silky enough for most people. It is truly with a tart refreshing set of flavors and a very subtle, elegant touch with a hint of salt.

This is actually why you should drink French wine. Ignore the high-end stuff, until you see such. Wines of no particular distinction are uniquely satisfying.

Chateau Le Prieur: France 2012 \$14.99
More great wines in Monday's paper or on Twitter @jromanow.

Crossword/Sudoku answers

CHADS	WURK	ADDS
HULOT	ASIA	FEAT
IRENE	NUMR	OMNI
STEELE	UPROAR	
ELL	PEKOE	
OWL	ASP	MISSTEP
FEAR	DUMR	LAUDS
FIVE	ODDER	RINGS
TRACE	SGRS	DIET
OGG	THIA	WYLS
	SACRA	MYC
SHASTA	LACROSSE	
NORI	RUIN	IRATE
OHNO	USEO	ANGEL
BOON	SONY	CYSTS

5	2	9	4	6	1	3	8	7
6	7	4	5	8	3	1	9	2
8	1	3	7	2	9	4	5	6
7	5	6	8	1	4	9	2	3
9	3	1	6	5	2	7	4	8
2	4	8	9	3	7	5	6	1
1	9	7	2	4	6	8	3	5
3	6	5	1	9	8	2	7	4
4	8	2	3	7	5	6	1	9

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EVENTS

MUSIC

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Eddie Robertson Band
Buds on Broadway,
837 Broadway Ave.

Stephen Maguire
Beck Creek Tap & Grill,
103-1025 McDonald Dr.

Thursday, Jan. 29

Hill Station Trio
Crackles Restaurant &
Lounge,
1-227 Pinehouse Dr.

Pyrite Swale
Buds on Broadway,
837 Broadway Ave.

Jazz Jazz The David Fong
Trio
The Basement,
202 Fourth Ave. N.

Ladybirds
Nikula's Legion,
3021 Louise St.

Hung Jury
Buds on Broadway,
837 Broadway Ave.

Piano Friday w/ Jesse Brown
Deeds Series: Aaron Adair
The Basement,
202 Fourth Ave. N.

Neil Van Dale
Army and Navy Club,
359 First Ave. N.

The Prairie Winds Woodwinds
Quintet
McNally Robinson,
3130 Eighth St. E.

The Oldie Thyme Rhythm
Makana
Fairfield Senior Citizens'
Centre,
183 Hammond Ct.

3 Peak + One
Toon Town Tavern,
2330 Haight St.

Chinese New Year Party
Lucky Pub,

93 Campus Dr.

Future Forests w/ Autopilot
and St Marketmall
Antique Centre,
632 10th St. E.

Maritime-Style House Party
w/ Ray Richards
Rink's Irish Pub,
524 Spadina Cres. E.

Saturday, Feb. 1

Hung Jury
Buds on Broadway,
837 Broadway Ave.

Flamé Series: Jan Janovsky
Sextet
The Basement,
202 Fourth Ave. N.

Neil Van Dale
Army and Navy Club,
359 First Ave. N.

Ladybirds
Nikula's Legion,
3021 Louise St.

Leon Ochs
Downtown Legion,
506 Spadina Cres. W.

Wayne Burgen
McNally Robinson,
3130 Eighth St. E.

We the Artists
OTB-Sans Event Centre,
240 Second Ave. S.

All Mighty Voices w/ Gunner
and Smith—and The Dead
South
Antique Centre,
632 10th St. E.

Sunday, Feb. 2

Ladybirds
Nikula's Legion,
3021 Louise St.

Dance with Webster w/ Son-
real and D'Andre
OTB-Sans Event Centre,
240 Second Ave. S.

Monday, Feb. 3

Wheeler Ridge
Louis' Pub
93 Campus Dr.

Tuesday, Feb. 4

Kid Katch w/ Jesse Coost,
Kid Katch and Mike Plett
Antique Centre,
632 10th St. E.

Young Guns w/ Brett Kiesel
and One More Girl
Outlaws Cavern/Beck Bar,
710 Idylwyld Dr. N.

ART

Harriet Art Gallery
Until March 30 at 930 Spadina Cres. E. Winter exhibitions include Contemporary Drawings from the National Gallery of Canada, and These Nelson Walls of Interior and Cabinets of Curiosity.

HBK Artists by Artists exhibition is Time Layered by Gwen Kippel and her mentor, June J. Jacobs. The Child Taken exhibition until March 2. Free drawing workshop for adults, Feb. 2 at 2 p.m. To register call 306-979-8144. Registration continues for Adult Drawing Studios in February and March. Visit www.mondeles.com.

Mika Coffee Bar
Until Jan. 28 at 411 Hennick St. Photography by David Linow, on sale and display.

PAVED Arts
Until Jan. 31 at 434 20th St. W. 2. Toots Mitten Double Bill. Daddy Sets the Seal by Amber Christensen and Karen Pokowick, and First Impressions by Jose N. Kichter. Memoriam by Manuel Churruarín, until Feb. 31 in the AKA space.

SCVAP Gallery
Until Feb. 14 at 253 Third Ave. S. Membership by Kevin Weisskopf and Ahnne Osa. An uncle and nephew display their artwork together. Reception Jan. 31, 6 p.m. to 10 p.m. Mid at Heart by Melissa Munro and Shannon McFarland, Feb. 11-28 Reception Feb. 22, 1 p.m. to 4 p.m.

The Gallery Art Placement
Until Feb. 13 at 327 327 Third Ave. S. New Artists. New works by gallery artists Robert Christie, Louis Clark, Greg Hardy, Clint Harker, David Perry, Catherine Penhadrill and



Point of View. Cook is on display at The Gallery Art Placement. LORNE RUSSELL

Lorne Russell.

Stark Kinderl Photography
is the Royal Gallery, YCU Place in the Cedar Gallery.

Scott Proulx Photography
is the Amber Gallery, Art by Hope Carlson in the Sarnia Gallery. Saskatoon Summer Players and Charlie Scott.

School Drive in the Lower-
level gallery, Saskatoon Public
School Board in the Indigo
and Macrina Galleries.

Void gallery
Until Feb. 2 at 2100 Eighth
St. E. Owens: Shaw Works by
Neilson Foster, Kim Korshak
and Michael Peterson.

St. Thomas More Gallery
Until Feb. 2 at 1437 College Dr.
Ink Slab by Marlene Martin.
Pressing Matters until Feb.
28. New works by Ink Slab
members.

David Bell Gallery
Feb. 9 to March 1 at 605-105
2nd St. E. Works by local
artists Zeehan Lugen, Clint
McFarland and Alison Norton.
Reception Feb. 9, 2 p.m. to
5 p.m.

Centre East Galleries
Until Feb. 2 at The Centre.

Handmade House Show-case
Until Feb. 1 at 710 Broad-
way Ave. Contemporary,
Eclectic, Vintage: Scarves
and Shirts by the Textile Art
Group.

Centre East Galleries
Until Feb. 2 at The Centre.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com



West Side Story is coming to Sesquicent Jan. 28 to Feb. 4 at TCU place. www.tcu.edu

Affinity Gallery
Until Feb. 20 at 1106 Broadway Ave. Tel's a Webin' it by Michael Hausfeld. New works inspired by recent experiments with metal working.

Frank's Star Gallery
Until Feb. 20 at 1106 Eighth St. E. Out the Blue. What happens when inspiration strikes? Works by gallery artists and parents.

Green Ark Collection Home
Until Feb. 20 at 321 16th St. E. New works by Cameron McKay. Visit www.greenark.ca.

Black Spruce Gallery
Open through the winter at Northside Art base on Highway 2. After glows, a group show.

West Point Pottery
Regular art classes and programs at 5-3100 Eighth St. E.

West Point Pottery can also call 306-373-3279.

West Point Pottery
Regular art classes and programs at 5-3100 Eighth St. E. Schedule at westpointpottery.com

SPECIAL EVENTS

Rites and Rains Festival
Jan. 30, 7:30 p.m. at St. John's Anglican Cathedral, 810 Saville Ave. E. Featuring Rev. David Patricia Cowhite and pianist Peter Allan. Works by J. S. Bach, Edin Boran. Peter Allan and Cesar Francis. Ticket proceeds will support Cathedral refugee work.

Deeds, Talks and Walls
Feb. 1, 7 p.m. to 9 p.m. at Forest Grove Community Church. An information and story night for Westmin-

ster. About Supporting and Teaching (ASST). Referrals provided. Fundraising supports in-country food expenses, medicine, and supplies. To donate email WST2010@live.com or visit CanadaLips.org.

Gabby Night for Autism
Feb. 1, 7 p.m. to 11 p.m. in Boardroom at the Western Development Museum. Hosted by Autism Services of Sesquicent. A 1930s-themed casino night and swing dance party. Featuring Twin Town Big Band. With a cocktail reception, live and silent auctions, a casino and a dance. Visit www.gabbynite.ca or call 306-565-7033 ext. 0. Proceeds will support Autism Services of Sesquicent.

Misfearful Mexico
Feb. 1, 7:30 p.m., at Resident Unit, Costa Theatre in Arden

Bowman College, 1904 Glenora Ave. S. Sesquicent Concert Band performs. Featuring Ryan Gale on solo trumpet.

PotatoCane WinterFishes Festival 2014
Runs to Feb. 2 at the Sesquicent Farmer's Market and River Landing. Featuring an ice park, winter playground, sleigh rides, international live carving competition, and the Warm the Heart Soap Cook Off. Visit www.potatocanewinterfishes.ca.

Winnipeg Classics
Feb. 2, 2:30 p.m. at Convention Hall at the U of S. Bob Ensemble performs. The works of Mozart and Beethoven.

THEATRE

Ignorance
Jan. 29 to Feb. 2, 8 a.m., at

Broadway Theatre. Presented by The Old Trest Puppet Workshop. Where did happiness come from and where did it go? The Old Trests explore the evolution of happiness in this witty inventive puppet documentary.

West Side Story
Jan. 30 to Feb. 2 at TCU Place. One of the most memorable musicals and greatest love stories of all time. Based on the book by Arthur Laurents.

Scrabblemania in January
Runs to Feb. 9 at First Place Theatre. Love, excitement, and addictive comedy meet for an incredible competition in this charming love story by Guy de la Chénelle.

Event listings are a free, community service offered by Bridges. Listings will be printed if space permits.



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ON THE SCENE

SWINGING WITH THE STARS



A solid out-crowd of 800-flocked TGU Poles on Jan. 25 to watch Saskatoon personalities live-and-samba the night away for a deserving cause: at the second annual *Swinging with the Stars*.

Similar in format to the popular television series *Dancing with the Stars*, the Saskatoon version paired local celebrities with professional dancers for an intensive three-month training period prior to the event. Judges provided commentary after each dance, and the audience was encouraged to buy votes for their favourite.

City councillor Troy Denoux and partner Kimberly Denoux were the audience vote. The StarPhoenix's arts reporter and Bradley Casadei the Laker artist, Stephanie McKay and Luke Kehring won the judges' favours of the night.

Event organizers Brett Bayle was blown away by the donors' commitment as each put in about 40 hours of practice time prior to Jan. 25.

"They were all fantastic; the bar has been set really high here."

Swinging with the Stars raised \$96,000 for the Phantix Hospice Society. The society is a group of volunteers working to improve the quality of life for those facing advancing illness and death. Volunteers provide companionship, in-home care for these individuals and their families.

1. Dale Mackay and Kara Dubyk perform

2. Susan Rutz, Brenda Baergen, April Tallon and Chelsi Goucher

3. Shana, Laurie Frenn and Dana Miller

4. Kathy Reid and Deborah Black

5. Kay Hedo and Heather Hedin

6. Kris Stephenson and Anna Zaki

7. Last years winner opens the show

8. Stephanie McKay and Luke Kehring perform

9. Tara Hildes performs

10. Brittany and Brian Johnston

11. Rhonda, Luke Klein and Curtis Tiedke: Brett and Denise Epp

12. Jane Hudson, Lea Lencore Brown and Michelle Komros

13. Maya Wea, Shalene Burwell and Catherine Marz

14. Kelly Woodley performs

15. Troy Davis along with Jill and Craig Siro



BRIDGES PHOTOS BY DEREK MORTENSEN

ON THE SCENE





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